

GLUTEN FREE

Menu

STARTERS

- Homemade Soup - served with a gluten free bread roll £3.25
- Cheese & Bacon Bites - served with side salad £4.95
- Nachos (Cornflower) - served with a selection of dips £5.95
- Creamy Garlic Mushrooms - side salad & gluten free roll £4.95
- Garlic King Prawns - side salad & gluten free roll £5.95
- Prawn Cocktail - side salad & gluten free roll £5.95

MAIN COURSES

- Poached Cod - served with chips, potatoes or jacket potato and salad or vegetables £7.95
- Gluten Free Lasagne - served with chips, potatoes or jacket potato & salad £7.95
- Chilli Con Carne - served with rice and/or chips £6.95
- Roast of the Day - served with gluten free gravy £5.95
- Chicken & Tarragon Risotto - served with salad £5.95
- Cajun Chicken - served on a bed of rice and chopped salad £8.50
- Cajun Chicken Wrap - served with chips & salad £6.95
- Free Range Omelette - your choice of fillings, served with chips & salad £6.95
- Carved Ham, Double Egg & Chips - £5.95
- Chicken Breast - topped with a bacon & cheese melt, a choice of spicy tomato or sticky BBQ sauce & served with chips & salad £8.95
- Tuna Pasta Bake - topped with cheese, served with chips, potatoes or jacket potato & salad £6.95
- Sizzling Chicken or Beef Fajitas (gluten free wraps) £13.95
- Salmon & Dill Fish Cakes - served with a choice of dips, chips & salad £6.95

DESSERTS

- 'Stairway to Heaven' Chocolate Truffle Cake -served with ice-cream £3.99
- Syrup Sponge - served with a choice of custard or ice-cream £3.99

All of our steaks, gammon, pork chop, salads and jacket potatoes are available on our regular menu as a gluten free option
All of the above dishes are made using gluten free ingredients, but prepared/handled/stored in the kitchen with all other items.